

# Diabetes Talking Circle

**LaPointe Health Center**

**Upstairs conference room**

**Every Month**

**Support group for individuals with diabetes,  
their family members, and caregivers.**

**September 18 ~ 5 - 7:30 pm**

**Complications: Sick Days & Preparedness**

**October 17 ~ 11 am - 1:00 pm**

**Exercise & Movement**

**November 20 ~ 5 - 7:30 pm**

**Psychology of Diabetes**

**December 18 ~ 11 am - 1:00 pm**

**Continuing the Journey**

**Share your experiences, get your questions  
answered and join in the fun activities.**

**A meal will be provided.**

**You must be registered for this event.**

**To register or for more information  
contact Heather at 353-4546.**

Earn punches for  
your Diabetes  
Advantage Card!

Sponsored by the KBIC Diabetes Program